Taking Care of Puppy Business

A Gentle Approach for Positive Results

By
Gail Pivar and Leslie Nelson

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ALSO BY THE AUTHORS:

Management Magic

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First Edition

Drawings by Derek Newcomb and George Hathaway

INTRODUCTION

For the last several years, we have been trying to find positive reinforcement solutions to many of the problems that frustrate dog owners (and their dogs!), and seem to make owners become convinced that they have been cursed with a bad dog. What we have discovered is that, for a very long time, dog trainers and owners have been approaching these problems from the point of view that training is the answer to them all - with the result that owners became more frustrated because training did **not** fix the problem they had with their puppy chewing the sofa or getting into the trash while they were gone; and training also did **not** fix any relationship or leadership problems that they had with their puppies. Since trainers assured them that training would cure these problems and it didn't, they easily became convinced that it must be their dog's fault, and, therefore, the dog must really be a bad one.

What we have come to realize is that this philosophy is absolutely backwards! In order to make a car move forward, you must first have a gas pedal and steering wheel (which can be compared to good management skills); second, you must have fuel (your relationship with your dog); and then you can finally get the drive train to take you where you want to go (training). You must first provide good management so that you set your puppy up for success and this, in turn, allows you lots of opportunities to establish a great relationship with him. Training can then take place (and

it will probably be relatively easy if the first two criteria are met).

In this book we deal with the major management issues (such as crate training, housebreaking and exercise), establishing a strong relationship, and positive reinforcement training techniques. We also address some of the common puppy "challenges" including biting. Finally, we provide some general care tips which our students have found helpful.

Using these ideas should allow you to have a truly great companion and perhaps your best dog ever. Enjoy it, and then give yourself some praise and a pat on the back for what a great job you will do of raising your puppy!

For the staff and students of
Tails-U-Win!
You have blessed us
with your knowledge, curiosity,
determination, kindness
and, most of all, friendship,
and we are forever grateful!

The "Magic" of Good Management

Good management means planning ahead to set your puppy up for success.

None of us would ever consider bringing home a horse without having available the things we would need to take care of it, keep it safe and avoid problems. We would not question that we need a fenced pasture to keep the horse on the property and allow it to exercise (and we certainly would not be upset with the horse if we had no fence and he ran away!); a barn or other shelter; proper bedding and cleanup tools; a means of transporting him; the right kind of halter and lead line; and the proper food and feeding and watering containers. We would also probably have arranged for veterinary care (perhaps even a check up before bringing the horse home) including vaccinations, and the services of a blacksmith and perhaps a trainer. We might even stock up on apples and carrots because horses like them and we can use them to help us manage our new friend.

When bringing a new baby home, we also do all kinds of preparation. We have a crib or cradle where the baby will stay when sleeping or when we can't watch him; lots of toys and things to keep the baby stimulated and not bored; appropriate teething items for the point at which the baby needs them; a stroller to take the baby for walks; and a pediatrician lined up with the first appointment made. We do

all these things because we know they are necessary to keep our baby healthy, safe and out of trouble.

When we bring a puppy home, however, we often have no way to contain him when we can't watch him, and we expect him to not do anything we don't want him to without us having to watch him or teach him. When we do try to teach him something, we often focus only on what he's doing wrong, expect him to learn after one or two attempts to teach him (although we would never expect our more intelligent human baby to learn not to put things in his mouth with one or two attempts!), and we never even bother to let him know what we'd like him to do instead! We also often have nothing interesting for him to do and no method to exercise him to get rid of some of his boundless energy. No wonder he ends up in trouble all the time and both you and he become more and more frustrated!

Using Management Techniques to Set Up for Success

When you first bring your puppy home, you should consider how you can best avoid his getting into mischief and developing bad habits. We need to understand that many behaviors which we consider a problem are really quite normal for a puppy (biting, chewing, barking, etc.), and he has a very hard time understanding what all the fuss is about. We also often expect a puppy to exhibit more intelligence and self control than we expect a human baby to exhibit!! For example, we would never think of leaving a human baby on the floor with a bottle of bleach because we would know (or be afraid) that the baby would get into it. On the other hand, we might leave a bottle of bleach on the floor with our puppy and be horrified if he got into it, and be angry with him that

he did! Do we really expect dogs to be more intelligent and exhibit more control than human babies? What we all need to understand is that if a puppy gets into something he shouldn't have, it is not his fault - it is our fault! Instead of thinking "Bad Dog!" we need to think "Stupid Owner!"

If we give some thought to the puppy behaviors that we find troubling, we can also see that there are some that we might like to stop altogether (perhaps digging); some that we want the puppy to engage in only at a certain time when we think it is appropriate (perhaps barking); and some that we want the puppy to engage in only in a certain place (going to the bathroom). We also expect the puppy to understand all this with very little effort on our part!

We need to decide in advance how we can avoid our puppy misbehaving, or even (heaven forbid!) developing bad habits that will follow him into adulthood. A dog who is never **allowed** to chew shoes when young quite probably won't ever even think of it as an adult.

By using good management, it will be next to impossible for your puppy to misbehave, and you will have lots and lots of opportunities to catch him doing something right and to reinforce him for his excellent behavior!

Making it impossible for him to fail and rewarding him for succeeding is the key to strengthening your relationship.

Relationship = Reinforcement History

One of the most important precursors to training is establishing a good relationship with your puppy. By this we mean that your dog accepts you as his leader and believes that you are the most wonderful and fun creature around.

Positive reinforcement training requires that you build and maintain a strong relationship based on trust and cooperation. Behavioral scientists refer to this relationship as "reinforcement history." Think of this as an interest bearing account where all of your positive reinforcements are deposited. As with any account, as your deposits continue to mount up, your principal grows and earned interest accumulates. This growing interest will be evident in your dog's increasing desire to be attentive to you, to trust you, to look to you for direction and to be willing to work with you. Remember that the more deposits you make by being generous in your reinforcements (or rewards for good behavior), the richer your account will grow!

Generally speaking, all creatures learn behaviors based on whether the results are reinforcing or not. Reinforced behaviors increase; unreinforced (and sometimes that simply means ignored with our puppies) behaviors decrease or disappear. Your puppy will quickly learn which behaviors get good results from you. Just watch the puppy who has learned that if he puts a paw on your lap, you will pet him. He will usually learn this lesson in one or two attempts!

Leadership Lessons

Traditional dog training literature often instructs owners that it is necessary to be physically dominant, the "alpha" dog, or the boss in order to be a successful owner. Much of this belief is based on the erroneous notion that wolves are physically aggressive and forceful with their cubs. The truth, however, is that most wild wolves are endlessly patient with puppies. In one documentary, a puppy tried to nurse on the "alpha" male's penis and his response was to simply walk away! So much for flipping puppies over or picking them up and shaking them (which can cause brain injury in puppies just as in babies and should never be done). Happily for us, positive reinforcement training does not require us to be macho or wolf-like (as if we ever really could!) when training our dogs.

It is, however, very important that you do assume a leadership role in your relationship with your dog. It is not enough to just love your dog and let him do whatever makes him happy. Dogs raised without leadership are often unsuitable as family pets. As they mature, some are labeled uncontrollable and turned in to shelters; some stay in their homes and make everyone, including themselves, miserable; and some become dangerous.

Luckily, leadership can easily be established without force or combativeness if one thing is understood: **You control everything that is important to your dog!** Before you ever lift a finger or say a word, you have everything you need for your leadership role. Your job as leader will be to *know what is important to your dog* and to *use these things to*

reward him for attentiveness to you and for good behavior. One of the first things you can do to establish your leadership and strengthen your relationship with your puppy is to hand feed him **all** of his food for a week or two!! This is a great way to start increasing your stature in your puppy's mind. You can also use this as an opportunity to train a bridge as discussed on page 8.

Since you are also using good management to set your puppy up to be attentive and successful, you will have many opportunities to reinforce him. He will quickly learn that being attentive to you will gain him access to everything that he considers important. Food, play, toys, walks, other dogs, other people, car rides, squirrels, cats, swimming, belly rubs, pats, sitting on your lap, or anything else your dog likes can be used to reward your him for looking to you for direction or for good behavior. In no time at all, using things you would do for him anyway, you will establish yourself as a true leader who has your puppy's best interest at heart.

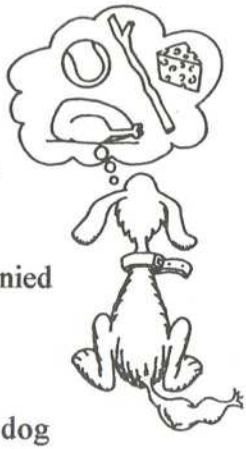
Tempting Training Treats

To use reinforcements in training you must first spend a bit of time finding out what your dog finds most enjoyable. With most dogs, food tops the list since it is not only pleasurable but is necessary for life and thus is referred to as a "primary reinforcer."

In general, small, soft food treats are best - something your puppy can swallow without having to take his attention off of you (most dogs have to drop their heads in order to chew hard treats like biscuits and kibble). Another advantage to using a soft treat is that you can break it into tiny pieces so that you get alot of mileage out of it. To a puppy, one piece of kielbasa is one reward, but that same piece broken into five smaller pieces is a jackpot of five rewards! Since soft treats which are manufactured for dogs often contain large amounts of sugar, salt, chemicals and dyes, we normally recommend staying away from them for the most part.

Some ideas for training treats include Oinkeroll or Rollover; string cheese; garlic hot-dogs (cut hot-dog lengthwise into quarters, chop into small bits, sprinkle with garlic powder and microwave on high for two minutes); grilled steak (broil until medium-well, cut into bite-sized pieces); beef heart or liver (fry in cooking spray until cooked through); kielbasa; chicken gizzards, livers or hearts (boil until cooked through); peeled hard-boiled eggs; cheese tortellini (use raw or boil); deli meats including roast beef, bologna, turkey or pepperoni (have the clerk slice you a one inch thick piece that you can cut into chunks); plus anything else you can think of (peanut butter sandwiches anyone?). Make sure all foods are handled in ways that keep them safe for human consumption since you will be handling them a great deal. Try to identify which food treats your dog **loves** and will really want to work for.

Food isn't the only thing many dogs find reinforcing. You may find that yours loves a toss of a tennis ball, a new



squeaky plush toy, to be invited into your lap, to have a belly scratch, to be able to lick your face, or just to be told that he is the most incredible, wonderful creation on earth and to think he lives in your house! Most dogs love to hear long, heartfelt "praise phrases," especially when accompanied by lots of juicy food tidbits!

You should at some point be able to list at least twenty five things that your dog enjoys and all of these can be used as rewards for good behavior. You should also be able to list these in order of importance so that, if you are having a problem getting your puppy to do something using a lower-powered reinforcer, you can try using a more high powered one. An example of this might be a puppy who will learn to sit for a reinforcement of cheese, but who needs a higher powered reinforcement (cooked liver?) when learning to lay down on cue.

Understanding your dog's preferences makes training much easier.

Training Tips

You can make a praise word like "Yes!" or "Excellent" into what is called a bridge (a word or sound that means "What you are doing right this second is correct and a reward is coming"). Eventually, the bridge can become reinforcing by itself because of its close association with a primary reinforcement. This is the principle which was at work when Pavlov's dog began to salivate when he heard the

bell, even if it wasn't followed by food. This is also what eventually can make a spoken praise word very reinforcing.

To train a bridge, decide what word ("Yes!" or "Excellent!" are two popular choices) or sound (such as a clicker) you want to use. Pick a quiet time when your puppy is not doing anything wrong and say the word or make the sound. Immediately smile and give him a treat. Repeat this ten to twenty times until he is looking at you expectantly every time he hears your bridge. From then on, use your bridge the **second** your puppy is doing something right, and follow with lots of reinforcers.

In order to successfully train your puppy, you must have "good timing," which means that you are quick and reinforce behavior immediately after it occurs. To understand this, imagine having asked your puppy to sit. If your timing is good, you use your bridge and treat at the **exact** moment that his butt hits the floor. If you wait a bit too long, perhaps the puppy will be starting to get up as you say "Yes!" and he might think, "Aha! Sit means pick my hind end up!" Dogs live in the present and associate a consequence (positive or negative) with what they are doing at the moment the consequence occurs. That is why reacting negatively to something they did even five minutes ago only serves to confuse them. They believe you are reacting to what they were doing immediately before you got upset.

When you are working with your puppy, you should be very generous and use **lots** of reinforcement in the early stages of learning new behaviors. Once a behavior is learned,

the best way to maintain it is to be not only generous but also unpredictable and variable.

Name Recognition and Attention

Use your puppy's name frequently in a bright happy tone that gets his attention. Use his name when you pet him, when you play with him and when you feed him. Encourage him to look at you when you say his name and praise and reward him with a tidbit when he does. You can frame your eyes with your hands to encourage him to maintain eye contact with you and praise and reward him (lots!) for doing so. Puppies who are encouraged to make eye contact with their owners when their name is said soon learn to differentiate between the smiling eyes of approval and the stern eyes of disapproval.

Crate Training

The first management tools you should have when you bring your puppy home are a crate and a way to keep the puppy in one pretty much "puppy proof" room when you cannot watch him. Having a crate for your puppy is the same as having a crib or playpen for your baby, or a stall in a barn for your horse.

Just as you would not let a human baby wander out of your sight, you must **not** let your puppy. If you can't watch him, he should be gated in a room or in his crate.

If you are saying at this point, "I'm not putting my puppy in a cage!" please consider:

1. Dogs are naturally "den" animals, which means that, in the wild, they sleep in small, enclosed spaces. If, heaven forbid, your dog is ever lost, he will not sleep in an open field, but will find a space under a porch or a woodpile or something in which to sleep. We accept this den instinct in dogs who live outside by providing them a dog house, but somehow don't translate that idea to dogs who live inside.

Also, any of us who have ever known a dog who was afraid of thunder or loud noises, also knows that they look for a small space (such as under a bed or behind a toilet) to go to when they are afraid - these small spaces obviously make them feel more secure!

2. If you have great difficulty getting your puppy to accept his crate, perhaps you should try to identify whether the problem isn't that <u>you</u> still hate the idea of a crate. This is usually the problem. If, even understanding a dog's denning instinct, you still cannot accept the use of a crate, perhaps it would help to carry this feeling to its logical extreme: if you do not believe in enclosing a puppy in a crate, you shouldn't believe in enclosing him in a room or in a house (they are, in

reality, just huge crates!).

3. Having a safe, secure "den" where your puppy can spend time when you can't watch him makes his and your life endlessly more pleasant so that you can avoid being angry all the time because he has gotten into trouble in your absence.

4. Puppies eventually come to appreciate their crate as a place where they can remain undisturbed. We must take care that no one (children, other household dogs or maybe even the cat!) bothers the puppy while he is in his crate so that he can come to view it as his very own safe haven.

5. Of course, your puppy should not spend twenty-four hours a day in his crate. If you never have time to interact with and watch him, why do you have a dog? However, if you are busy cooking dinner and can't keep an eye on him, put him down for some quiet time with an interesting chew toy in his crate.

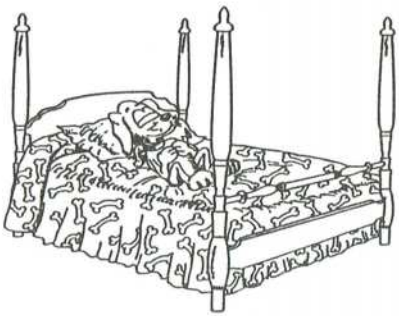
6. When your puppy is grown, you may not use his crate much, but having a dog who is comfortable in one sure can come in handy. When you travel, motels will often allow you to have a dog as long as he's crated. If you are moving and the movers are going to be in and out all day and you're concerned the dog will get out, he can spend the time in his crate. If he's injured or has had surgery and the vet says to you , "Keep him quiet!" (which happens to most dogs at one time or another), you can be reassured because you will know he's fine in his crate.

Crates come in many styles and sizes. The two most common kinds of crates are those made out of wire mesh and

those made out of fiberglass or molded plastic - either one is fine and your choice just depends on personal taste. As far as the size goes, many people feel that it should be relatively small, only providing enough room for the puppy to stand, sit and lie down comfortably with no extra room. This doesn't quite make sense because, as the puppy grows, you will need to keep getting a bigger and bigger crate. It is best to buy a crate big enough for your dog as an adult. If it's quite large for the puppy, you can feel more comfortable leaving him in it for longer periods of time. Do be careful, however, that the openings are not big enough for your puppy to get his head through or that the wire isn't flimsy enough for the puppy to be able to bend it with his teeth. If you want to make a large crate smaller (which can help with housebreaking) you can barricade one end with masonite.

Many people choose to purchase two crates for their puppy: a smaller fiberglass one that they can easily move from room to room as necessary or to put in the car for traveling with the puppy if he gets carsick, and a larger wire one to keep in the bedroom for the puppy at night. A puppy (being a pack animal) really wants to be in the "den" with the rest of the group at night and usually will settle down quite nicely if allowed to sleep in your room. If this is not possible and you must confine your puppy to another room or his crate at night, understand that he will probably carry on for awhile for the first few nights because he's lonely. Your best reaction to this is to just ignore it and it will go away. If the puppy is messing in his crate overnight, do not confine him in it but instead gate off a room, or perhaps get up once in the night and take him out for the first few weeks. Make sure you do this before he starts whining to go out, however.

When he is grown and you no longer need to worry about him going to the bathroom in your room or ripping the carpet, the crate can be put away and he can sleep on the floor in your room (or in your bed if you don't have any problems with leadership issues). When you are done with the smaller crate you can usually sell it through one of the reader papers, or you might decide to keep it in case you get another puppy or a cat or even rescue an injured squirrel at some point! If you are an animal lover, you'll probably always be able to find a use for your smaller crate. You should always keep your big, adult sized crate for those times you need it.



Of course, the fact that dogs are den animals does not mean that the minute you introduce a crate to a puppy he's going to think, "Thank God, they've finally gotten me what I've been waiting for!" If your puppy is not already used to a crate, he will have to be introduced to it gradually. Forcing him to stay in a crate for long periods when he hasn't been trained to accept it can result in a puppy who tries to break out or who is difficult to get in the crate. The same puppy who hates the crate will also sleep by choice under a chair, so you need to teach him gradually that the den you want him to use is his crate. If approached correctly, any puppy can learn to love his crate.

You can start by leaving the door open and throwing a treat into it several times a day for your puppy to go in and get. When he is in the crate getting the treat, give him several

more small morsels and praise him for being such a good puppy for being in his crate. You can start introducing a verbal cue such as "Kennel!" at this point by saying "What a good kennel!" As soon as he leaves the crate, stop treating and praising. You may shortly find that your puppy starts going in his crate and waits for you to give him a treat!

When your puppy is eagerly going in his crate for treats, start feeding him inside with the door open. Then feed him in the crate with the door closed, and gradually build up the time he stays inside. You might also keep his favorite chew toy or a stuffed Kong (see the section on Toys) locked in the crate sometimes and only let him have it when he's inside.

One thing you must not do is let him out of the crate when he's barking or carrying on - he only gets out when he's quiet. If he is making lots of noise and you know he really needs to go out, you must get him to be quiet somehow: whistle, squeak a toy, do a silly dance, pick up one of the puppy's paws (which will usually make him stop barking to check out what you're doing) and the second the puppy is quiet you say, "Good dog" or any " praise phrase" and let him out. In this way, you have rewarded the good behavior (being quiet) and not let the puppy learn the lesson that if he barks, he gets out of the crate.

Many of our students have asked us about how long a puppy should be kept in a crate. There is no hard and fast answer to this question, however, and circumstances vary. Certainly, when a puppy is little and his owners work all day, it would be **best** if he could be gated in the kitchen or a small

bathroom (unless he starts chewing the cabinets or walls), with his crate in there but the door left open. If you don't have a suitable room, you can get what is called an "exercise pen" - which is a portable fence and can be set up anywhere.

Wherever you decide to leave your puppy while you're gone, you might put some newspapers on the floor - most puppies seem to like going to the bathroom on them rather than the floor and they make cleanup much easier. You need to provide water (if he tends to spill it, try getting a stainless steel bucket and hooking it with bolt snaps to two sides of a corner in the crate or exercise pen). Finally, all puppies need to be provided some interesting chew toys to keep them busy (see the section on toys for some ideas).

It would also be wonderful if a neighbor, high school student, or local senior citizen or pet-sitting service could be hired to come over in the afternoon to take the puppy out for a while.

Finally, many boarding kennels and other pet businesses are now offering "doggy daycare," which is a great solution if the cost isn't a problem for you. Your puppy can spend the day playing with other dogs and come home to you well-exercised at night. And, of course, we all know that a tired puppy is a good puppy!

If none of these are feasible, perhaps your boss would let you bring the puppy to work! It wouldn't hurt to ask.

As far as management tools go, the crate, exercise pen and/or gated room are the most important. **Your puppy <u>cannot</u> chew anything inappropriate like the antique sofa**

leg or electric cords, dig up the carpets, destroy the kids' toys, or do any number of other undesirable things if he is either in your sight or contained - those are your *only* two choices and they completely eliminate the possibility of any of the above unwanted behaviors occurring! When we hear people say, "Every time I leave the room, my puppy poops on the carpet or chews my shoes," we are dumbfounded! Why on earth would you let your teething puppy be alone with your shoes or on your carpet when he needs to go to the bathroom? Would you leave your baby alone with a very fragile piece of decorative glass or on your carpet with no diaper? Of course not! You would figure out how to manage the problem with the baby (put the glass item away and put a diaper with a plastic covering on or put the baby in a playpen) so that it is impossible for the problem to occur! We need to do the same for our dog babies. I will repeat once again: ***if you cannot watch your puppy, he must be put somewhere where it is impossible for him to get into mischief!***

One of the most common mistakes new puppy owners make is giving their puppy too much freedom too soon. A puppy must gradually earn more and more freedom by proving he is trustworthy first for short periods of time in small areas (perhaps one room). When he has proved he won't get into trouble being loose in one room for fifteen minutes, the time can be gradually increased. Then you can try allowing him access to two rooms for a short period of time, etc. If at any point the puppy misbehaves (usually by chewing something or going to the bathroom), back he goes to where he wasn't getting into trouble. Eventually, you will have a dog who can be left alone in the house when you are

gone, provided you do not allow him to get into bad habits and you gradually build on small successes.

Remember: ***WE NEED TO SET OUR PUPPIES UP TO SUCCEED, NOT TO FAIL!***

A crate provides another very important function and that is its use as a place for a **"TIME-OUT."** One of the most misconstrued ideas that have been touted in the past by trainers is, "Never use the crate for punishment." The reason this has been so confusing is because it has been interpreted to mean that we need to allow our puppies to be "off the wall" and heaven forbid we should put them in their crate! The feeling has been that doing so would somehow make the puppy hate his crate. However, if your kid is "off the wall" and you send him to his room, does he learn to hate his room? Also, the punishment is not being put in the crate, but the withdrawal of our attention.

Actually, one of the most powerful and least aversive tools you have in your attempts to educate your puppy is this withdrawal of your attention and his ability to be with the pack. Puppies very much want to be with us, want our attention, and (believe it or not) do want to please us. Canines are the only species of animal that has willingly followed man for thousands of years and we can certainly use this desire to be with us to our advantage as we bring up our puppy.

Puddle Power

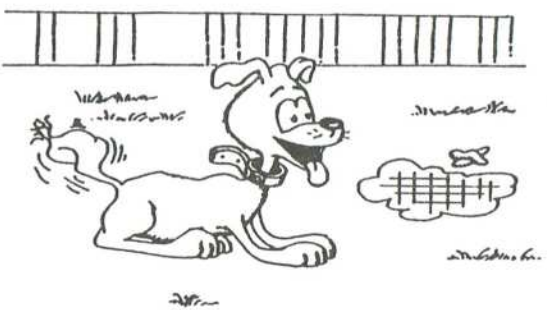
One of the first things we want to do when we bring our puppy home is to begin the process of housetraining him. By housetraining we mean that eventually the puppy will learn to **only go to the bathroom outside** and **will hold it until he is allowed outside**. We need to first understand several things before we can successfully accomplish this:

1. We all know someone who has a puppy who is eight weeks old and, according to the owner, is "completely housetrained!" This information sometimes makes us fear that there is something wrong with our puppy because he is still having accidents! The truth is that saying that an eight week old puppy is completely housebroken is like saying that a three month old baby is toilet trained: it's probably not possible! If parents believe their three month old baby is toilet trained, what is probably happening is that the parents are holding the baby over the toilet every time he needs to go. The same is true of an eight week old puppy who never messes in the house: his owners are showing good management skills by getting him outside every time he needs to go! The average puppy does not have the muscle control to hold his bowel or bladder for any length of time until he is four or five months old, and his ability to "hold it" gradually increases after that to the point where most adult dogs can wait eight to ten hours between trips outside unless they have a physical problem.

Note: If your adult dog who has been completely housetrained suddenly starts to go in the house, you should

first take him to the vet to determine if he may have an infection or some other physical problem which is causing his lapse.

2. A crate can be a very successful tool in the process of housetraining your puppy - although not with all dogs. Generally, dogs are very clean animals and do not like to be near their messes. We can use this to our advantage if our puppy does indeed like to be clean. Some puppies, however, do not seem to care if they are dirty (perhaps they were raised in dirty conditions) and will even sit in or run through their messes - and, of course, for these puppies a crate will probably not be useful.



To housetrain a puppy who likes to be clean:

(a) At first, you must take him out *every time* he finishes eating, *every time* he wakes up, *every time* he drinks alot of water, *every time* he's been playing hard or chewing a toy for about ten or fifteen minutes, and *every time* you see him doing that circling motion and you know he's looking for a place to go. Of course, you will realize when all these times occur because you never let him out of your sight, right?

Young puppies also need to go out lots of other times at first (at least every two hours in the beginning).

(b) You need to take the puppy out at all these times and **stay with him**. When he goes to the bathroom outside, praise the daylights out of him and offer him a treat. You can also start to associate a verbal cue with the act of going to the bathroom by saying something like "What a good _____ (insert whatever you want your cue to be - perhaps "Go Potty" or something simple like "Hurry Up!") Eventually your puppy will start to associate this verbal cue with going to the bathroom and this may speed up the process when it's freezing out and you want business taken care of quickly. If your dog knows a treat or warm praise or petting will be forthcoming as soon as he "Goes Potty," he may be in more of a hurry to accomplish the task! (Caution: some puppies who enjoy being outside learn very quickly that as soon as they go to the bathroom, they will be whisked back into the house! They begin to delay going so as to have more time outside. To avoid this, spend a few more minutes outside after your puppy has "done his business."

(c) When you catch your puppy starting to go to the bathroom in the house you should act very distressed, scoop him up and rush him out. If he finishes what he was doing when he's outside, praise lots, pat and even reward him with a treat. If you are asking, "What? Am I always supposed to have treats with me?" - the answer is yes. Why should that be a big deal when treats are such powerful training tools? You might choose to always have a few treats in your pocket while your puppy is small and learning so many things, or you might choose to have containers of treats scattered all around

the house so you can get them quickly. One of our students hung a clothespin bag full of cookies near the back door of her house so that she could grab a few every time she took the puppy out.

(d) Please understand that people who only yell at the puppy for going inside and then just put him outside alone (so that they never see him go out there and reinforce him for it), will for sure have an unhousebroken dog. Going to the bathroom is something that the puppy has to do and, in this situation, all he knows is that he sometimes gets yelled at for it! You **must** let him know that there is not only an incorrect place to go, but also a correct place. If you don't, he will start to try to hide when he has to go, and will be reluctant to do it in front of you, even outside. In this case, you will have a very hard time catching him being good in order to praise and reward him. It's only a short period of time that you need to go outside with him and you really must to do it.

(e) Stay outside for about five minutes each time you take the puppy out. If the puppy hasn't gone and you know he has to, bring him in and put him in his crate for fifteen minutes or so. Hopefully, he'll hold it, and you can then take him back outside and he'll go.

(f) You must **not** scold your puppy if you haven't caught him in the act. Even if he made the mess several minutes ago, you must just ignore it.

(g) Make sure you completely clean any spots where your puppy has gone. If the puppy has piddled on your carpet, you can put an old folded-up towel on top of the spot and step on it to soak up most of the urine. Then apply a

product made for cleaning dog messes (Dog-Tex full strength or Simple Solution are both good products). Avoid any products that contain ammonia, as these only make urine smells stronger! Make sure you also test your carpet for colorfastness in an inconspicuous spot before using any cleaning product.

If the puppy has pooped inside, pick it up with a paper towel and clean the area. Also, even though you should normally be meticulous about picking poop up in the yard right away (there are long handled spades and scoops called "pooper scoopers" which make this job much easier), puppies are often drawn to a spot over and over again by the smell of what they've done there before, so you might want to leave a small bit of stool in one spot to remind the puppy that this is where he went before and the result was praise and treats!

Please also remember to clean up after your dog if he eliminates anywhere other than on your property. Get used to carrying a few baggies with you whenever you and your dog are out in public. If you need to clean up, put your hand in the baggie, pick up the droppings and turn the bag inside out. The droppings are in the bag and your hands are clean. Close the bag and put it in an appropriate trash container.

(h) Some books on housetraining have recommended that you restrict a puppy's water in order to ease the process. This is not advisable. Any dog, especially a puppy who is in the formative growth stage, should be able to drink if his body is telling him he needs to. Water is a primary necessity for life and a dog should not be deprived of it.

(i) If at all possible, fence in your yard or part of your yard. This is probably the best investment you can make to insure your puppy's safety. Also, if the weather is nice, it's great allow the puppy to spend alot of time outside. This is a great tool in establishing the habit of going potty outside, not inside. If you don't have a fence, you might want to invest in an "ex-pen," which is like a big crate without a top or bottom. They're not terribly expensive and can be used outside or in. If your puppy is going to spend long periods outside, make sure he has access to water and shelter or shade. Also, if your puppy starts to dig, you will have to give up on leaving him outside alot when you can't watch him unless you want to build a "dig-proof" area for him (either by burying chicken wire around the perimeter of the fence or installing a concrete or patio block floor).

A note about "tie-outs": Using a tether or long leash to tie your dog outside for long periods is not recommended. Many dogs who are kept on tie-outs (especially for long periods) develop neurotic behaviors. The feeling is that this is because they are unprotected should other dogs or teasing children come into the yard, and they cannot even flee their attackers. A tie-out is only appropriate for short periods such as those few times your puppy needs to go out and you can't stay with him, or for a housebroken dog to go out for a short time to quickly do his business.

(j) It is only a short timespan that you need to devote so much attention to your puppy's "business," and eventually experience will teach you how long after eating or playing, etc., he needs to go out.

Just because your puppy may be able to "hold it" for eight hours overnight does not mean he can hold it for that long during the day. Many people who go to the bathroom every hour or so during the day can sleep all night without going. It's not the same at all. A general rule is that the average puppy can "hold it" for the number of hours that equal how many months old he is plus one. For example, a two month old puppy might be able to wait three hours between trips outside. Really young puppies may even appreciate one chance to go out in the middle of the night for a few weeks if you don't mind.

3. If your puppy is messing in his crate you *can't* rely on it to be a housetraining tool. If the problem is that he's confined too long and can't hold it, you must get him out more often. If this is not possible, you should stop confining him to his crate for these long periods. Instead, when you have to leave him, gate off the kitchen or bathroom - put his crate in there with the door open and some nice bedding inside. This way he will not be forced to be enclosed with his mess (and making him get used to being dirty is certainly not what we want to do) if he has to go. As mentioned before, you can put some newspapers on the floor outside the crate to make cleanup easier.

4. If your goal is to have a dog who goes to the bathroom outside, it will be harder if you "paper train" him. Face it: going to the bathroom on newspapers inside is still going to the bathroom in your house! Letting a puppy think it's okay to go on papers at first and then trying to convince him it's not okay only serves to confuse him. You may put papers on the floor so that cleanup is easier, but you treat

going on them the same way as you would if it were your carpet: if you don't catch the puppy going, you ignore it and clean it up; if you do catch him, you scoop him up and rush outside.

A few owners (usually of small dogs) do not want their dog to go outside, but would rather they be paper trained. If that is what you are aiming for, you will approach training the same way, except substitute "on the papers" for "outside." You will bring the puppy to the papers often and reinforce him every time he "does his business" there. You will also scoop him up and bring him to the papers every time he starts to go somewhere else. You might even want to put some newspapers on the ground in the yard (secured down with rocks) so that you can reward the behavior you want even outside!

5. If you want your puppy to "tell" you when he needs to go outside, you must catch him doing it! If you always take the puppy out through the same door, many puppies will soon go to that door when they feel the need to go out. The trick here is that **you must see him doing it** (which means, of course, you are watching)! As soon as he goes to the door, you should respond by praising him ("Good puppy! Do you want to go out?") and taking him out immediately. A puppy who learns that when he goes to the door he gets taken out will do it! Eventually (after the habit is established), he will come running to you and then back to the door if you don't notice him right away.

If you would like your dog to ring a bell or something to signal his need to go out, you can also begin to train this. Hang a bell from the doorknob and every time you take him

out use his paw to ring the bell, praise him, give him a treat and take him out. When the day comes that he rings the bell himself (even by accident), give him jackpots (lots of big praise and treats). Be aware, however, that the time will probably come when he will ring the bell because he wants to go out and play, not to go potty. At that point, you hopefully will begin to be able to tell when he really needs to go to the bathroom, and you can reinforce only those times with rewards and an actual trip outside.

Miscellaneous Housetraining Problems

Eating Stool (Coprophagy): This is one of the most disgusting habits that some puppies exhibit. Many puppies do this and, thankfully, most outgrow it. It also is more common in the winter when the stool is frozen (it seems to be more attractive for some reason). One theory as to why this occurs is that ancient dogs would eat their droppings in order to hide their trail.

If you are having this problem with your puppy, the sure cure is a management solution: pick all poop up right away.

There are also several products on the market (Deter and For-Bid are two of them) which can be added to your dog's food to help stop this behavior. They do not work for all dogs but are probably worth a try. You can also try putting some pineapple juice in your dog's food (perhaps a tablespoon for dogs that weigh 30 lbs.) or putting a couple of tablespoons of grated zucchini in the food. These remedies

have worked for some dogs. Other suggested remedies include meat tenderizer (MSG), chlorophyll tablets or buttermilk added to the food. All of these have been successful for some dogs.

Wetting from Submission or Excitement: This problem is very common in some of the spaniel breeds (cockers especially), and, if handled correctly, usually is outgrown. The cause of this reaction is usually nervousness, so getting angry at him for it will only serve to increase his agitation and the problem! The best thing you can do is to ignore the behavior and keep your body language non-threatening. If your puppy gets so excited when he sees you that he piddles, don't talk to him or look at him when you first come in - immediately take him outside and after he goes, then have an enthusiastic praise and greeting session. Also, every time the puppy doesn't piddle when he sees you, give him a small treat (no praise as that will immediately make him squat).

Physical and Mental Exercise

The number one thing that you can do to set your dog up for success is insure that he gets adequate exercise. Young adolescent dogs have huge exercise requirements. Furthermore, many breeds of dogs have been bred to work for a living. These breeds require, and all breeds benefit from, activities that provide mental stimulation as well as exercise. Puppies who have these needs met are more content and easier to manage. Conversely, puppies who do not get enough exercise are bored, frustrated and get in lots of trouble. ***Exercise is entirely your responsibility***. Luckily,

with a little creativity, finding ways to keep your puppy tired can be fun for you as well as your puppy.

Probably the best way to exercise any dog is just a good old fashioned hike in the woods or fields with your dog running free. It may take some work to locate an area well off the road where you and your dog are welcome, but the enjoyment this will bring your dog is well worth the effort. Start taking short hikes with your puppy as soon as he can go outside. Reward with food and praise every time he returns to you and you will find he checks in often. As he gets a little older and more independent, you can add a long cord to his collar when you are hiking. You can step on it if he roams too far from you or someone else is approaching. Play hide and seek with him on these walks and praise and reward him when he finds you. Continue to reward his "check ins." If you have the time and location to do this daily, all the better. If not, do it as often as possible.

Walking your dog on leash on a sidewalk or a roadway is another way to exercise your dog, but is more appropriate for older dogs. If you are relying on leash walks as the primary exercise of your puppy, you may find that he is more interested in sniffing and pulling than walking politely. You both may become frustrated and learn bad habits. If you do leash walk your puppy, you still must make sure that he gets running exercise.

Jogging is another way to exercise an adult dog, but should not be done with a puppy until he is fully grown. Because of the stress on their legs, most dogs should not go jogging on leash until they are over a year old. You should

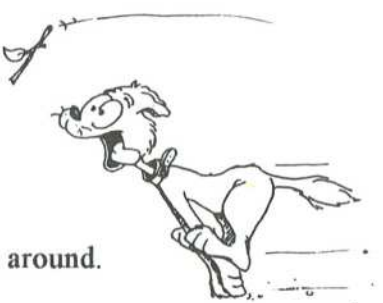
wait even longer if you own a larger breed.

A fenced-in yard is an ideal situation if you own a dog and it is one way to set up for success. Unfortunately, it still does not insure that your puppy will get enough exercise. Unless you have more than one dog, you probably are still going to have to become involved if you want to make sure that he is getting enough exercise.

Games Puppies Play

Puppies love to play and your puppy, left to his own devices, will soon be teaching you all of **his** favorite games. Better yet, start now and teach him the games that **you** would like **him** to play. Through constructive play you can provide exercise, enhance your relationship and reinforce many of the behaviors that you wish to encourage.

Retrieving: A game based on cooperation between you and your dog. It enables you to exercise your dog in a limited space without a great deal of exertion on your part. It is a foundation for many other games that you can create to play with your dog



Many young puppies pick things up naturally and carry them around.

If your puppy does this, you will want to encourage this behavior. Praise him when he carries something to you, pat and make much of him, but do not take it away from him.

Throw toys for your puppy. If he brings them back to you, praise, exclaim, pat, but do not take the toy. If he gives you the toy, of course you may take it. Throw it again and the game may proceed. Stop the game when your pup is still interested and wants to play.

If he returns to you with the toy, but does not give it to you, praise as above and after a little bit offer to trade him for a treat or another toy. If you are using a treat, after he gives you the toy and has his treat, throw it for him again. If you are using another toy, after you have praised him a bit, start playing with the other toy. When he drops the toy he has, throw the new toy for him. Always stop while he is still interested.

If you throw toys for your puppy and he wants to keep them, this is very normal. Remember how important possession is to your puppy. If he takes what you throw to his bed, or a rug, or under a table, position yourself so that he has to go past you to get where he is going. Act as if he is willingly retrieving. Praise and make much of him. Pat him and exclaim over him. DO NOT take the toy away from him. Leave him with this toy. After you have done this for awhile, you may find that he begins to follow you because he wants to continue to hear how extraordinary he is.

If, when you throw a toy for your puppy, he does not

go to a particular place with it, but just goes away from you, ignore him. Do not coax or beg or follow him. Go play with another toy if you like, but ignore the puppy. At another time, try throwing the toy down a hallway. If he returns with the toy and tries to go past you, block his way and act as if he has retrieved. Make much of him. DO NOT take the toy. Make sure that the toy that you are throwing is not too valuable to the puppy. For a puppy who really wants to possess things, start out with toys that are not very interesting.

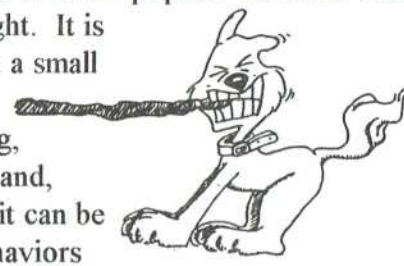
When your puppy is retrieving reliably, you can begin to give him a verbal signal like "Fetch" or "Bring it here." You can teach your puppy to bring things to your hand by only reinforcing retrieves to your hand. You can begin to teach him to retrieve a variety of articles. When this is accomplished, you will have taught him a skill that will bring you both hours of enjoyment and a foundation for many new games you can play in the future.

While it is true that most puppies pick up toys and play with them, occasionally we have a puppy that will not pick up a toy. Some breeds are less inclined to pick up things in their mouths and some puppies may come from a very early background where toys and other stimulation were not provided. With patience and imagination all puppies can learn to retrieve, and the results are well worth the effort.

If your puppy does not play with toys, you will need to help him learn how to play. Some puppies will light up for a piece of rabbit fur, some puppies for a ball rolled slowly, some puppies will chase and attack something pulled with a string, and still others are excited by latex squeaky toys. For

the puppy that is really hard to tempt, you can try tasty treats in the toe of a sock. Tie a string around the sock and hang it somewhere where the puppy is apt to investigate. When he begins to pull and tug at it, praise and encourage him. Continue to provide socks and encourage him to grab them. Gradually transfer the game to you. You hold the sock and encourage a game of tug. When your puppy becomes really enthusiastic if you bring out the sock, you can tie it to other toys and greatly reinforce him for playing with these. When you finally have a puppy who likes to play with socks or toys or whatever, it is time to start teaching the retrieve as above.

Tug of War: This is another popular favorite that often does not have to be taught. It is good for providing exercise in a small space; it provides dogs with an acceptable outlet for pulling, shaking and tearing behavior; and, because dogs like it so much, it can be used as a reward for other behaviors that you want to reinforce.



You may have read that you should not play tug of war with your dog because it will make him more aggressive. If you teach your dog to play by your rules, not only won't it make him more aggressive, but it will also teach him control and allow you to limit boisterous and aggressive behavior in the future.

Start the game by your invitation and keep control of play by making sure that you stop periodically and signal a behavior that your dog knows how to do such as "sit." As

soon as he gives you the behavior, praise and restart the game. If he ignores your signal, or if he bites you accidentally, stop the game, take the toy and ignore him. Invite him to play again in a little while. Teach him that the game ends if he bites or ignores your signal. If you are unable to keep control of the game, do not play! Children should not play tug of war with your dog unless both understand how to play by the rules and they are closely supervised.

Keep Away: This is an old favorite for many dogs and the source of complaints from many owners. It is based on possession and usually involves the owner chasing the dog to get back something that the dog has taken. The rules can vary, but it is usually taught by the dog and provides owners with lots of exercise! Because this game is not based on cooperation and, in some dogs, can lead to guarding behavior when caught, it is a game we do not recommend. The easiest way to discourage keep away is: Do not play! Put your energy into teaching the retrieve and ignore all attempts at keep away. It is not much fun to play alone. If you decide that you do want to play keep away with your dog, put the game under your control. Only play when you give the signal and stop playing when you signal that the game is over.

Hide and Seek: This is a great game for the whole family with lots of different variations. While you are playing, you are also teaching the recall and strengthening attention.

When your puppy isn't looking at you, call his name and run and hide on him. In the beginning do not go far and

make it easy. You can repeat his name to make it easier. As he gets better at it, make it more challenging. When he finds you, praise him, play with him and give him treats.

If your puppy is always watching you, throw a treat for him to get and run and hide while he is getting it. Another variation is to have a family member hold him while someone else in the family runs and hides. Always remember to reward him. Gradually he should be able to search quite a distance and find you using his nose. You can vary this game even more by hiding toys and having him find them. Remember to make it easy in the beginning.

Playbiting and Mouthing

Nothing is of more concern to the new puppy owner than what to do about biting. To make it more difficult, lots of different advice is given on the subject. Some of the things that owners are routinely told to do can actually make biting worse, and can turn play biting into aggressive snapping and growling.

Puppies bite because that is what puppies do. It is normal puppy behavior. If you watch puppies play together, they spend much of their time biting each other. Through this type of play they learn to control and inhibit their bite. Biting is a stage that puppies go through. Just remember that it is normal. Handled correctly, it never needs to become an issue.

If you do not want your puppy to chew on you and

your family, you must make sure that he has many other allowed outlets for biting and chewing. You must also be careful not to reinforce him for biting you. Remember that your attention is a very strong reinforcer. If he learns that every time he bites you, you immediately pay attention to him by telling him no, grabbing his muzzle or giving him a shake, all of which he may see as an escalation of the game, he may actually start biting you more!

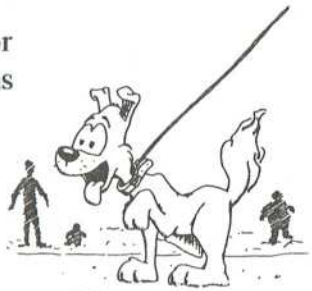
If your puppy is biting you during play and he is using a soft mouth, you can simply ignore the biting and continue playing with him. You can also redirect him to something else to bite on if you prefer he did not put his mouth on you. If he bites too hard you can react with a wounded screech, stop the game immediately, and leave and ignore the puppy. You can resume the game again after a short time.

Some puppies are much more mouthy than others (often the retrievers) and some have a much harder mouth. It will be more difficult for these puppies to keep control. If you have a puppy like this it is doubly important that you provide lots of other outlets and that you ensure he is well exercised.

Remember: **the game ends <u>abruptly</u> the second he bites too hard!!** If the puppy seems over-stimulated, over-tired or out of control, the best thing to do is calmly put him in his crate with his Kong (see page 56) for a nap. He will soon learn that all good things end when he gets too rough with his mouth.

Socialization

This means exposing your puppy to *many* different experiences and is one of the most important things you can do for him. All new experiences should be positive and not frightening or stressful if possible. If your puppy seems to be afraid of something, the best thing to do is ignore his fear (don't try to soothe him by cooing or petting because from his point of view he will be being reinforced for being fearful!). You should, however, **reward all signs of bravery**. For example, if your puppy is hiding under a chair when a visitor comes over, ignore him. However, the second he sticks his nose out, reinforce him.



Also, try to manage new experiences a bit (i.e., the first time your puppy sees children, it might be best if they are involved in a quiet activity and can give him some treats). When you take your puppy somewhere (a schoolyard, a flea market, a beach, a walk along a busy street, in an elevator, for a boat ride, etc.) bring along plenty of treats and reinforcers to use when he is being calm or brave. Lastly - and this should be obvious - if there is a situation that really terrifies your puppy, take him away from it and try to introduce him to that situation more gradually. You should never force a puppy into a truly scary situation (like a fireworks display, etc.)

Over the course of your puppy's life he will visit the vet, probably be hospitalized, perhaps spend time in a kennel,

be exposed to traffic, meet members of other species and encounter all sizes, shapes and types of people. He will hear loud music and other sounds, travel in a car, be around water, probably attend parties and sporting events, climb stairs, cross bridges and experience who knows what else. If you insure that your puppy's first exposure to each new experience is pleasant and positive, you will have done a lot towards raising a confident, well-adjusted puppy.

If you have a fearful puppy, you will need to proceed more slowly and carefully. The fearful puppy should be rewarded with food, praise and touch for all **brave** behavior. When he is introduced to new people or a new situation he should be allowed to investigate or observe at his own speed. New people should be instructed to ignore the puppy unless he approaches them. If your puppy starts to act nervous, ignore him if possible and make your own behavior light and cheerful. As much as you may want to, *try very hard not to stroke and reassure him*, as this will often make him more afraid. If your puppy continues to be fearful, you are proceeding too fast. You need to expose him to only as much as he can experience without becoming afraid. Gradually, as he masters new situations successfully, his confidence will begin to grow.

Possible enrichment activities:

1. Take your puppy to the vet, groomer or kennel and just introduce the puppy and have the staff feed him treats. If your puppy is timid, do this often.

2. Take a ride in an elevator, on a boat or in a wagon.

3. Take your puppy for short visits to new places with lots of people.

4. Make sure he gets to play with well behaved children as often as possible.

5. When you get the opportunity, introduce him to lots of different types of people (i.e., men with beards and hats, people on crutches, people in wheelchairs, people on skates, babies in carriages, kids on bikes and people of different races).

6. Encourage him to walk on different surfaces (slippery floors, icy sidewalks, gravel, concrete, grass, puddles, etc.)

7. All puppies should be taught to walk up and down stairs, even if you live in a one story house (you may someday move into a two-story!) Make a point of going places where there are stairs (library, church, etc.) and work on it. The best approach is to teach them to go down the stairs first, since that's the hardest. Put the puppy on the second stair from the bottom and coax him down using food. Then put him on the third step and coax him down. Then the fourth step, etc. Reverse the process to teach him to go up the stairs. As he grows, make sure he continues to have chances to "do stairs" since, as his body grows, his going up and down positions may need to change.

8. Teach him to navigate other obstacles such as going through tunnels or climbing up on a rock.

9. Carefully introduce him to other species, like cats, pet birds, horses, cows, goats or anything else he is likely to encounter. Also find time for him to play with other dogs that you know.

10. Enroll him in a good puppy class. Make sure that the methods used are positive ones and not force based.

A Touch of Love

All dogs, throughout their lifetime, need to be groomed, have their nails clipped and be examined by their owner and their veterinarian. Dogs that object to being handled are difficult to care for and, in extreme cases, may even have to be sedated for routine grooming and veterinary care. Fortunately, with a little patience and practice, your puppy can learn to enjoy being handled and at least tolerate bravely medical attention and nail clips.

Massage can be very relaxing for both you and your puppy. It's good for your relationship, it's good for you and your puppy's health, and it keeps you aware of any changes in your dog's body. Get yourself comfortable and start stroking your puppy with a gentle, circular motion. Keep your touch light and slow. Start on a part of his body that your puppy likes to have touched and gradually move all over his body. If he is standing when you start, eventually encourage him to lie down. Work slowly until you can massage all parts of his body including all four feet (and check between his toes at that point), his ears (and look in them) and his mouth and gums. Even very active puppies will

should view this exercise as a way to develop confidence and trust between you and your puppy.

As with teaching any new skill, training your dog to accept and enjoy handling involves starting with small steps, rewarding the behavior that you want and practicing often in varied situations. Begin by gently touching and stroking all parts of your puppy's body a couple of times a day. Reward with praise and treats for calm acceptance. When your puppy lets you handle him all over (muzzle, mouth, ears, paws, tail, etc.) ask others, including your children, to do the same thing while you reward your puppy.

If your puppy has difficulty accepting your handling, if he struggles and nips when you try to touch certain parts of his body or when you try to hold him still, you will need to spend extra time on these touching sessions. When your puppy begins to struggle or pull away, be quiet and stop rewarding. Hold on to him until he settles. Immediately praise, reward with treats and start touching again. It can be helpful to have one person reward the puppy while another does the handling. The time that you spend now helping your puppy to accept handling will pay off greatly in the future.

Grooming and nail clipping can be introduced the same way. Even if your dog does not have a lot of hair, get him used to frequent grooming sessions. Grooming is more easily done on a table or other raised platform (if the surface is slippery, you can put a rubber bathmat or non-skid rug on top). This will also help your puppy to become familiar with the exam table at the vet's or the grooming table at the

groomer's. Hold your puppy with one arm over his back and that hand under his tummy and begin brushing. Praise and reward as long as he stands still. If he begins to struggle, be quiet, stop rewarding, and hold him until he settles. If you are doing this alone, you can put a dab of peanut butter in front of him on a washable surface and let him lick it while you are brushing him.

If your puppy does not want you to touch his feet, you might first tap one foot quickly and give him a treat for not objecting. Then perhaps just put your hand around the foot for a split second and reinforce acceptance. Then, hold the foot for one second, then two, then pick it up, then pick it up and look at it, etc. Reinforce all good responses, progress slowly, and eventually you should be able to handle those feet!

When your puppy is comfortable having you touch his feet, you can begin to clip his nails, being careful to just take off the very tip. Treat and praise for every nail. If your puppy is sensitive about his feet, spend more time rewarding him for allowing you to touch and handle them before you start clipping.

Home Alone

Dogs are social animals. Being left home alone is another life experience to which puppies must become accustomed. Even if you are home with your puppy and are able to have him with you all the time, it is important for him to become accustomed to periods of separation. This is

equally true if you have an adult dog who is a new member of your family. Dogs who are unaccustomed to being alone can become so stressed when left that they engage in destructive behavior.

When you do leave your puppy alone, make sure that he is in a safe area where he cannot get in trouble. A crate is ideal for short absences (up to four hours), or a puppy proof room or portable pen for longer periods.

There are a number of things you can do to help your puppy be contented while you are gone:

1. Keep your good-byes and homecomings matter-of-fact and unemotional. If your puppy does get into trouble while you are gone, greet her as you usually do and reread this section so that you can prevent further problems.

2. Make sure that your puppy is physically and mentally exercised before you leave for a long absence. If you do not have time to do this yourself, this is a great time to use your Buster Cube (see the section on "Toys")..

3. Always give your puppy something to entertain himself with while you are away. If you do this well, your puppy can begin to look forward to your absence as a time he gets to have things he does not get when you are home. Stuffed Kongs, stuffed hollow natural bones, or paper bags crumbled up with biscuits inside all make excellent home alone toys.

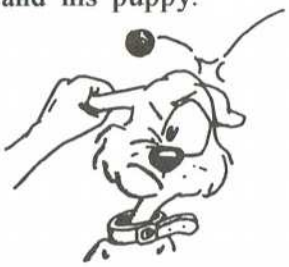
4. If you are using a crate, try putting a loaded Kong

locked in the crate a half hour before you leave. The puppy can see it, but cannot get at it. Do this regularly and soon he will beg you to leave!

There is no correct age when a puppy can safely be left loose in the house. Each puppy is different. When you decide to start giving him more freedom, start slowly. First leave him for short absences and give him freedom one room at a time. If he gets into trouble, say nothing and realize he is not ready yet.

Living with Children

Nothing is much cuter than a child and his puppy. Puppies and children seem to have a natural affinity for one another. Having said that, dogs and children are not always a good mix, and a great deal of diligence and good management of **both** are often required to keep this relationship safe and satisfying.



Young children and dogs should never be left alone together without supervision. As wonderful as your dog is, it is wise to remember that he is a carnivore with an incredibly punishing bite that can be used for self defense or aggression. Every year an unnecessarily high number of children are bitten by their own dog or a dog belonging to someone else. Most of these bites could be prevented through better management.

It is every parent's responsibility to teach his children proper behavior around dogs. Conversely, those of us who

own dogs are also responsible for their behavior around children. Pet owners who have children obviously have a double role.

1. As always, set your young dog up for success. Do not allow him opportunities to practice and learn inappropriate behavior. Many of the things that children do naturally, like running, shrieking and boisterous playing can be very stimulating to him. If your children are rough housing or playing with a group of friends, it would be wise to separate your excitable puppy from them. Put him down for a nap or let another family member entertain him.

2. Encourage your children to be quiet and calm when they interact with your puppy. Teach them how to reward calm, attentive behavior and how to ignore your puppy when he is acting in an inappropriate manner.

3. Include your children in your dog's training. How much they participate will be dependent upon their age and interest. A puppy class is a great place for the whole family to learn the skills necessary to train the puppy. Besides, they are usually lots of fun for everyone (not just the puppies).

4. If you are doing some hand feeding with your dog, have your children help.

5. Teach your children how to play games that will enhance their relationship with your dog. All retrieving games and hide and seek are excellent games for dogs and children, and these also help to keep your puppy exercised. Refer back to the section on "Games" for more information.

6. Pay special attention to acclimating your puppy to hard hugging and grabbing. Adults can train acceptance of these by starting with soft hugs or grabs, gradually building the force used, and reinforcing all acceptance by the dog. This is your insurance that, if your child grabs or squeezes your dog in spite of your diligence in trying to teach the child not to, your dog will not react aggressively.

7. Remember that dogs and children should always be supervised. The sweetest dog in the world can react aggressively if an inquisitive child should decide he'd like to find out how far down a dog's ear a pencil will go! This actually happened to one of our students. The dog bit the child and the owner was going to have the dog destroyed because she thought he had "turned on her children." When she got to the vet and the pencil was discovered pushed into the dog's eardrum, she realized that it wasn't the dog's fault, it was hers for leaving the kids alone with him!

8. If you are concerned about your dog's behavior toward your children, please consult a canine behavior specialist so that you can get further help. Avoid advice based on physical punishment as that will usually only serve to escalate aggression problems. If you can't find anyone in your area, your veterinarian or the Association of Pet Dog Trainers (1-800-PET-DOGS) may be able to refer you to someone.

The Lure: How to Use It and Then Lose It!

In order to teach a puppy or dog to respond to a signal (which is a positive-reinforcement way of saying "obey

a command"), you can use a piece of food to lure him into position at first so that you do not have to use any force. Put a treat in your hand so that he can see it and use your hand to lure him into the position you want.

An example of this would be to get your puppy into a corner, hold a treat just above his nose and gradually move it over his head toward the corner. Your puppy will probably sit in order to try to get the treat. When he does, use your bridge, give him the treat and smile. You are now well on your way to teaching him his first behavior! As you proceed you will need to practice getting him to sit quickly in many positions (such as beside or in front of you) and in many locations (the kitchen, the yard, in the car).

When he is reliably performing the behavior you want, continue to use the lure but no longer give it to him. Instead, use your bridge and then have the reinforcement come from somewhere else: from your other hand, from your pocket, from someone else, from the counter or from the refrigerator! Now is also a good time to start varying the types and amounts of rewards you are using. Sometimes you use food, sometimes a toy, sometimes a walk, or anything else from your list of things your dog finds reinforcing! You also can vary amounts: sometimes one small piece of a treat, sometimes five (perhaps for a really quick response?), sometimes one toss of the ball or three. **Good trainers are not only generous but are also unpredictable and variable.**

Finally, use your lure hand with no treat in it to lure your puppy into position. This motion of your hand will now

become your hand signal to get the behavior. If he performs the behavior without the lure in your hand, use your bridge and give him a large, special reward. If he doesn't respond, drop your hand to your side and quietly give him a few seconds. If he still doesn't respond, ignore him for a little bit and then try again.

When he sits consistently with the hand signal, you can start to add a verbal signal. Say "Sit," hesitate a second and give your hand signal. Gradually pause a little longer between signals. Soon your dog will start responding to your verbal cue also and you can use either when you want him to sit.

Note: There are a few points to consider in relation to signals. First, you need to make sure that all signals or cues that you use are consistent (you always use the **same** hand or verbal cue for each behavior). Your signals should also be clear and not confusing (using the word "down" to mean both "lay down" and "get off of me;" or "stay" to mean both "remain in position" and "don't leave the room" are the two most common examples of confusing verbal signals). Finally, when you signal your puppy to do something, avoid repeating the cue since you don't want to end up having a dog that you have to ask to do something several times before he complies.

Shaping Behaviors

There are some behaviors that may be difficult to teach using a lure, (such as many tricks), and these can be taught through a process known as shaping. In simple terms, shaping means dividing a behavior (or trick) into **very small**

components and teaching each in progression using reinforcements. For example, if you want your puppy to do a complete circle to the right, you might first reward him every time he turns his head to the right. Eventually, he will start turning his head to the right often. At that point, you can start only rewarding him when the whole front of his body is turned right. When he's doing that reliably, you can reward only those times when his head, the front of his body and his two front feet turn to the right. You might proceed through the dog doing a ninety degree turn, a one hundred and eighty, a two hundred and seventy, and finally a three hundred and sixty degree complete circle. Then you might want to progress to multiple turns or spinning. You might want to experiment with using a clicker as a bridge if you haven't already. Its use is to mark the exact moment that the dog is doing what you want. It is followed immediately by a reward.

Some simple tricks can be taught by helping your puppy to do what you want and giving him a treat. For example: To teach a puppy to "Shake Hands," pick up one foot as you say "Shake." Immediately praise the puppy and give him a reinforcer. After you've done this several times, try to coax him to do it on his own and praise lots when he does. You can also use "jackpots" for those times that he does it on his own and you don't need to help.

Eliminating Undesired Reinforcements

Finally, if you find yourself having difficulty stopping an unwanted behavior in your puppy you should try to discover what the puppy is finding rewarding in the behavior

and eliminate that reinforcement. For example, if your puppy growls at someone and you start stroking him and saying, "It's okay! It's okay!" you are inadvertently rewarding him for growling and that is certainly not what you want to do.

The reward may also be environmental. The best example of this is barking at the mailman or meter-reader. Most dogs consider it their job to guard their property, so, when the mailman comes, they bark, and what always happens then? The person leaves! Every time! The dog doesn't know the "intruder" would have left anyway, but believes he succeeds in always scaring him away! Talk about reinforcement! One "cure" for this might be to invite the person in and let him give the dog some cookies.

Preventing Problems

Barking: Dogs bark when they are alarmed, they bark when they are excited, they bark when they want something and they bark when they are bored. Some dogs bark at the slightest provocation and others almost never bark. Of all the natural behaviors our dogs engage in, inappropriate or prolonged barking can be the most annoying and frustrating for the owner.

Remember that *any behavior that is reinforced will increase*. It is very easy to make a barking dog bark more if we are not careful what we reinforce. If your puppy discovers that whenever you leave him alone, you will return if he barks and cries long enough, you will have a dog that will bark with incredible

determination when left alone. Dogs are social animals and our attention is very reinforcing. Even if your return is angry and unpleasant, for many dogs bad attention is better than no attention.

When your dog is left on his own, he should be comfortable, safe, well exercised, and have things to occupy him. Reread the section entitled "Home Alone" for ideas on keeping your dog entertained, and use your own imagination and knowledge of your dog to get other ideas. When your dog is not barking and is entertaining himself, reward him with your attention and perhaps some new interesting playthings. If your dog is barking, do not return to him until he is quiet.

If your dog barks easily whenever he sees or hears anything, you can do things to make his environment a little less stimulating. When you leave him, have the radio playing to cover outside noises. Install privacy fencing to obstruct his view of the street or neighbors' yard. If he spends his time with you in the house barking at squirrels or birds, close the appropriate blinds.

Most of us are happy when our dog barks to alert us. When they continue to bark long after we have been alerted, however, it then becomes a nuisance. When your dog barks because he hears something, acknowledge his efforts: "Good job! Thanks for warning me!" Then distract him from the noise and get his attention. Reward him for being quiet. When you are able to get his attention easily, add a signal: "Hush" for quiet, and reward him when he is. To distract him while barking, you can make an odd noise, drop something,

shake something, spritz him with water or go out of the room. When he is quiet, reward.

If your dog barks at you whenever he wants something, he has already learned that he can get his needs met by barking. Stop rewarding him when he barks at you. If he has been successfully doing this for a while, he will be quite determined. If you can stand it, the next time he barks at you for something, totally ignore him until he stops. When he stops barking and has found something else to do, give him your attention. If you cannot stand ignoring him while he is barking in your face, get up and leave, or remove him from the area. Wait until he is quietly doing something else and then pay attention to him.

Unlike mouthing or chewing, inappropriate barking does not get better as your dog gets older. In fact, it often gets worse. If you have a noisy dog, it's very important to start immediately encouraging quiet behavior.

Jumping Up: Problems with jumping behavior can be avoided if we make sure there is no reward in it! There is no touching, looking at or talking to a puppy unless his feet are on the floor. We greatly reinforce with pats, praise and/or treats all "four on the floor" behavior, and simply walk away and ignore him if the puppy jumps up. Make sure everyone is doing this so that the puppy isn't sometimes getting reinforced for this behavior (which will make it very difficult to eliminate).

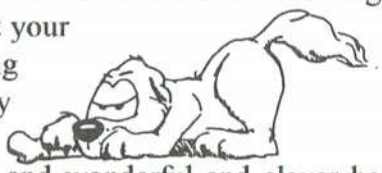
Digging: This is another normal thing that dogs do. They dig to find things, to make holes to lie in, to get under fences

and, sometimes, they just dig! They are apt to dig a lot when they are bored and do not have enough to do.

If your yard is lovely and you do not want holes in it, always supervise your dog when he is in the yard for any length of time. If you want to leave your dog outside by himself, the best solution is to fence a portion of the yard for your dog's use. You can provide an area where he can dig or, if you object to him digging at all, you can use patio block or some other surface to make it impossible.

Guarding and Possessiveness: Guarding food, toys, bones, etc., is also normal canine behavior. However, it can be very dangerous if your dog is aggressively guarding things from you or other family members.

Dogs guard things because they have value to them, and they do not want someone else to have them. Knowing this can help you make sure that your puppy does not develop guarding behavior. Whenever your puppy has something in his mouth, compliment him on how smart and wonderful and clever he is. Pat him and rub him if he will stay near you. Sometimes offer to trade him a tasty treat for what he has. If it is something that he can have, give it back to him. Never grab or pull things from your puppy's mouth or chase after him to get something from him. If he has something he is not supposed to have, compliment him anyway, trade him for a treat and next time pick up better! Not only will your puppy learn to trust you with whatever he has, he also will not learn to play keep away and he will be learning the foundation of

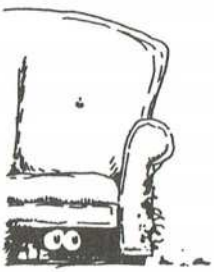


the retrieve.

Hand feeding is an excellent way to keep your puppy from becoming possessive about his food. When you are using a bowl, you can also always add some tasty tidbits to it after you give it to him. That way, he'll look forward to hands near his dish, as they usually add something wonderful! If you notice that he is getting growly around the bowl, get rid of it and hand feed again for a while.

Some dogs get extremely crazed around rawhide or bones. If you have a dog who is fine otherwise, but guards a rawhide, do not give him rawhide!

Destructive Chewing: Chewing is another normal canine behavior. It is part of being a carnivore. All puppies like to chew and some puppies like to chew a lot. We do not mind when they chew their own toys, but it becomes a problem when they chew something of value to us, like our shoes, our furniture or the TV remote!



Puppies view the world as one big chew toy. Rather than frustrate yourself and your puppy by trying to teach him all the things that you do not want him to chew, this problem is more easily solved by puppy proofing his living area and supervision. Provide your puppy with plenty of his own toys and good things to chew on. Alternate them to keep them more interesting. Turn to the section on "Toys" for how to make Kongs and natural bones into high powered chew toys. Make his own toys more interesting to him by rewarding him for playing with them and sometimes join in the play yourself.

Make sure he has plenty to do and gets lots of exercise. Most puppies outgrow indiscriminate chewing during their first year, and you can then begin to relax your vigilance.

Helpful Hints and Tips

Leashes and Collars: Puppies should wear a plain buckle collar and have a soft training leash (nylon or cotton web are fine). Get the puppy used to a leash and collar gradually. Let him first wear only the collar for a few days and reward calm, accepting behavior. Then, attach the leash and let him drag it around behind him for a day or two (only when you can watch that it doesn't get tangled). Then start picking up the leash and following the puppy, always keeping the leash slack. Finally, start coaxing the puppy to follow you using happy, coaxing tones, treats, or toys (again keeping the leash loose or slack).

Toys: Choose chew toys carefully. Never give a puppy an old shoe to chew on because he will never understand that all shoes are not fair game.

Buster Cube: This is a hard plastic cube that your dog pushes around with his nose or feet in order to get out pieces of dry dog food. This is wonderful entertainment for dogs that

need more mental stimulation. Your dog's entire dinner can be fed with the cube and it can take as long as 45 minutes to empty.

Kongs: Kongs come in several sizes to fit all dogs and are made of hard, very durable rubber. They are bell-shaped, hollow and have openings at both ends. They are useful as fun retrieving toys, but, even better, they can also provide hours of solitary entertainment and chewing enjoyment for your dog. Stuff the hole in the small end with a morsel of something wonderful, and then fill the large end with kibble or small pieces of biscuit and enough peanut butter, cream cheese or liverwurst to stick it all together and keep it in the Kong. When you need some quiet time or when you need to leave your puppy alone, put him in his crate with his Kong and relax. Stuffed Kongs can be made up ahead and frozen, which is not only convenient but can be very soothing for the gums of teething puppies. They are also dishwasher-safe and therefore easy to clean.

Hollow, Sterilized Natural Bones: While not quite as versatile as the Kong, for dogs who like to gnaw on real bones, these will do the trick. The center can be stuffed in the same way that you fill a Kong and will also provide long periods of entertainment. (Note: Never give your dog cooked bones.)

Rawhides, cow hooves, pig's ears, etc., are fine for most dogs but should only be given under supervision if your puppy tends to finish them too fast (most dogs, however, will finish a pig's ear in one sitting and that's okay as long as you're watching).

Nylabones: These are made in many different sizes and flavors, and, if they are introduced to your dog as a puppy, he will usually also enjoy them as an adult. Toss them out when they've become small enough to swallow.

Chewing Deterrents: Bitter Apple (spray and cream) can be applied to things you don't want your dog to chew. Tea Tree Oil Spray is also a deterrent and, as a bonus, it's great as a first aid spray and for itchy skin (on both dogs and humans!). Make sure you do a test spot before applying these products to furniture or carpeting.

Feeding: The general rule is to feed a puppy at least three times a day until he is six months old, and at least two times a day after. Generally, feed all he will eat as a puppy, and use that as a guide for adult portions. Watch your dog's weight: if you can see his backbone or hip bones, he's too thin (except certain breeds - usually sighthounds), and if you can't feel his ribs, he's too heavy.

Health Care: One of the first things you should do when you get a puppy is to find a veterinarian that you like. You should make sure you discuss with him or her:

Vaccinations: Keep up with your puppy's shots. There are lots of new discussions about vaccination schedules going on, and you should discuss with your vet what is appropriate for your dog.. The diseases that you can protect your dog from through vaccinating include distemper, hepatitis, leptospirosis, adenoviruses, parainfluenza, parvovirus, coronavirus, bordetella and Lyme disease.

The initial rabies shot (which many states require at twelve weeks of age) is good for one year. The second and subsequent shots are usually good for three years (provided you have proof that he had a one year shot). Keep the records of all your puppy's rabies shots handy, in case you need to show proof of vaccination to anyone. Also - do not take on-time rabies vaccinations lightly. If your dog is even one day overdue for a rabies booster and he meets up with a raccoon or other animal, states can, and often do, demand that he be euthanized. You might even get your dog's rabies booster a week or more before it's due to be safe (in case you get sick or something unexpected happens).

Worms: There are many kinds of worms that dogs can harbor, and most of them are only detected through a microscopic look at a stool sample. Because of this, you should take a fresh stool sample to the vet at least once a year. Only a small amount (1/4 teaspoon) is necessary.

One kind of worm that usually isn't discovered by a stool check is tapeworm. The only evidence of their

presence is often small, rice-like worm segments seen around your dog's rearend. If you see these, tell your vet and a wormer will be given to you. The only way that dogs get tapeworm is by eating fleas or rodents.

Heartworm: These are actually worms that grow in your dog's heart and, of course, their presence can be quite serious. The disease is spread through mosquito bites and is very common in some areas. You should discuss prevention with your vet.

Phone Numbers: You might want to find out who your local emergency vet clinic for nights, weekends and holidays is and keep the phone number and directions handy in case you ever need them. You might also keep the animal poison control phone number in the same place: 1-900-680-0000. They charge your phone bill $30.00 for the first five minutes and a per minute charge after that, which seems costly but is worth it to save your dog's life. The service is run by the ASPCA, so it's also for a good cause.

Common Poisonous Plants: Almond, Amaryllis, Anemone, Angel's Trumpet, Anthurium, Apricot, Arrowgrass, Arrowhead, Avocado, Azalea, Bird of Paradise, Bittersweet, Black Cherry, Black Locust, Bleeding Heart, Bloodroot, Boston Ivy, Boxwood, Buttercup, Caladium, Calla Lily, Castor Bean, Cherry Tree, China Berry, Chokeberry, Clematis, Climbing Lily, Coriara, Crocus, Crown of Thorns, Cyclamen, Daffodil, Daphne, Delphinium, Dieffenbachia,

Elderberry, Elephant Ear, English Ivy, English Holly, Euphorbia, Foxglove, Four O'Clock, Hemlock, Holly Berries, Honeysuckle, Horse Chestnut, Hyacinth, Hydrangea, Iris, Jack-in-the-Pulpit, Jasmine, Jerusalem Cherry, Jimson Weed, Jonquil, Lantana, Larkspur, Lily-of-the-Valley, Lobelia, Locoweed, Lupine, Marigold, Marijuana, Mescal Bean, Mistletoe, Mock Orange, Moonweed, Morning Glory, Mountain Laurel, many types of Mushroom, Narcissus, Nightshade, Oleander, Peach, Periwinkle, Peyote, Philodendron, Poison Ivy, Poison Oak, Pokeweed, Poppy, Potato Sprouts, Primrose, Privet, Rhododendron, Rhubarb Blade, Skunk Cabbage, Snow on the Mountain, Soapberry, Solandra, Spinach, Star of Bethlehem, Sweet Pea, Thornapple, Toadstool, Tobacco, Tomato Vines, Tulip, Wisteria, Yew. Note: Poinsettia has been removed from the list.

Toxic Household Substances:

- Cleaning supplies: ammonia, bleach, disinfectants, drain cleaner (drinking from the toilet bowl can expose your dog to any of those), soaps and detergent, furniture polish, cleaning fluid, mothballs, matches, phenol cleaners
- Garage items: antifreeze (Be sure to clean up any spills as this is especially toxic and, to make matters worse, dogs love the taste. Thankfully, there are new antifreezes on the market with taste deterrents added!); carbon monoxide; charcoal lighter fluid; gasoline; kerosene; brake fluid; windshield wiper fluid; transmission oil

- Yard and garden items: lime, insecticides, rodenticides, herbicides, fungicides, fertilizers, strychnine, snail or slug bait, worm and mollusk poisons, plant growth hormones
- Workshop supplies: acetone, paints, paint thinners and removers (such as turpentine),
- Chocolate (especially the kind used for baking) contains a substance named theobromine, which is toxic to dogs and can even be fatal.
- Cosmetics: deodorants, hair coloring, nail polish and remover, suntan lotions, permanent wave solutions
- Household medications that are toxic: Tylenol (acetaminophen) and Ibuprofen (these two should never be used for dogs), rubbing alcohol, boric acid, aspirin overdose (buffered or coated aspirin is used at times for pain relief but the correct dosage should always be observed), diet pills, laxatives, almost any human prescription
- Miscellaneous: lead-based paint chips, contaminated food

First Aid: You should invest in a good first aid book and become familiar with the Heimlich Maneuver for dogs, learn how to take your dog's temperature, and also how to give medications (you might even want to practice by popping a Vitamin C pill in your puppy's mouth once a day and reinforcing all cooperation so that "popping pills" won't be a problem when he's grown).

Household Medications For Pets: Some of our common household medications can be used for dogs and are especially useful if you can't reach your vet right away:

~Buffered or coated aspirin - 5 mg per pound every twelve hours - used as an anti-inflammatory and for pain relief (not recommended for cats). Note: DO NOT USE IBUPROFEN OR ACETOMINOPHEN (Tylenol) - they are toxic to dogs

~Benadryl - up to 2 mg per pound every eight hours - used to treat allergies, itching and reactions to bug bites and stings (if your dog starts to swell, especially around the face, get to the vet ASAP)

~Dramamine - an adult dog can have 25 (small dogs) to 50 mg (large dogs) every eight hours - check with your vet for a puppy dosage - used for motion sickness - give one hour before traveling

~Hydrogen Peroxide 3% - can be used to induce vomiting after ingestion of a poison (with some toxins, however, you should <u>not</u> induce vomiting so make sure you check with your vet or Poison Control first)

~Pepto Bismol - Liquid: 1 tablespoon for every 30 pounds of weight - 3 times a day. Pills: 30 pound dog - under 6 years dose; 60 pound dog - 6-12 years dose; 90 pound dog - adult dose - use to relieve upset stomach, gas or diarrhea (do not use for cats)

~Di-Gel Liquid - up to 4 tablespoons every 8 hours - used as an antacid and anti-gas

~Mineral Oil - up to 1 teaspoon per 5 pounds to eliminate constipation

If you have trouble getting liquid medications into your dog, you can try using a syringe without the needle to squirt it into the pocket formed by his lower lip and gum (avoid just squirting it into his mouth as he might "aspirate" it or breathe it into his lungs which is usually very serious), or you can try mixing it in some moistened baby food rice cereal and baby food chicken.

Muzzles: Any dog who is injured and in pain may try to bite if someone tries to touch him. In a pinch, you can make an impromptu muzzle from a piece of rope or even a leash: Hold the leash under the dog's muzzle or snout and bring it up over the top and tie it once (on top of the snout). Bring the two ends down and tie once more, underneath the dog's jaw. Finally, take the two ends up behind the dog's ears and make a final knot. Test that the dog cannot get the muzzle off. You might want to practice this several times on a stuffed dog or some other approximation before you need it.

Temperature Extremes:

Heat: You must be very careful to not let your dog overheat. We release built up heat by sweating all over our bodies. Dogs, however, only sweat through the pads of their feet and the roofs of their mouths (which is why they pant when they're hot). Because their bodies are inefficient at reducing temperature, they overheat much more quickly than we do. Signs of overheating include unresponsiveness excessive panting or salivation, vomiting, a racing pulse, and/or

staggering. If you suspect your dog has overheated, contact your veterinarian **immediately**. In the meantime, try to bring his temperature down by soaking him with cool (not cold) water.

To avoid the danger of overheating your dog, never leave him in an unshaded parked car on a day over 70 degrees, even with the windows cracked open (you know how hot a car can get!); watch how strenuously he exercises when it's warm; do not leave him locked in an unventilated room at home when it's hot out; and watch the sun's position if he's tied outside so that he doesn't end up with no shade. Be aware also that extremely hot pavement can be very uncomfortable for a dog's feet.

Finally, be sure you provide plenty of cool water when there is a danger of overheating. Many dogs even enjoy splashing in a water-filled child's plastic pool on a hot day!

Cold: Winter can be just as hard on our dogs as it is on us, and *it is best if your dog can live inside*. Young, small, shorthaired, old or sick dogs should absolutely not be left out in extreme cold. If your dog must live outside, he should be provided a dog house that: (a) is located on a concrete slab in a sunny spot next to the house; (b) has an attached flap door of some kind (made of heavy fabric or carpet) at the entrance or an L-shaped addition to keep out drafts; (c) contains lots of bedding (cedar strips, wood shavings or straw - not cloth which tends to stay wet) which is checked often for signs of dampness or mildew and changed as necessary (no less than once a week); and (d) has ventilation slits up under the roof to let moisture escape. Outside dogs should also be inspected

daily for frostbite, especially on the feet, ears and tail (frostbitten skin can be blistered and red, scaly and white, or peeling and gray). Finally, make sure an outside dog always has access to fresh, unfrozen water, and is provided a bit more food in the winter.

Be sure to check your dog's feet for ice balls that may form in the pads during a walk in the snow. It is also advisable to wipe his paws after a walk on salt and sand treated roads, as these can irritate his pads.

Remember also that outside dogs need as much attention, exercise, and time with their human family as inside dogs.

Boarding Kennels: Many people view boarding kennels as not being appropriate places to leave their dogs when they go away. This couldn't be further from the truth! Having a kennel that you like and your dog enjoys can be immensely freeing - you no longer have to worry about what to do with the dog (or cat!) when you decide that you want to go away.

Some time soon you should try to find a kennel that you would be comfortable using. Ask friends and/or your vet for recommendations and then go and see the kennels. Things to look for: cleanliness, happy dogs, a caring staff, etc. Please keep in mind that the best kennel for your dog may not be the one closest to you and you may have to venture farther afield.

Once you have found a kennel, by all means board your puppy for a couple of overnights or weekends soon, so

that he'll be used to it.

A note about drop-in pet sitting services: Having someone come to your home a couple times a day to feed and air your dog is not usually the best solution in your absence. A dog left alone for 23 1/2 hours a day can get into lots of trouble and maybe even hurt! The growing popularity of daycare for dogs attests to owners increasing awareness of this fact.

Also, dogs are really more fond of people than buildings and, if their owner is not home, they'd much prefer to be with other nice people than in an empty house! In fact, a small study was done using video cameras to record the behavior of dogs left home alone and those left at a good boarding facility. The dogs that were home alone exhibited more stress behaviors than those in the kennel! Perhaps they expect their owners to be home but don't expect them to be with them while boarding?

Finally, most dogs either like or are very interested in other dogs and, at the kennel, they can often be allowed to play together if they would enjoy that, or at least they get to see lots of other canines.

If you have someone who will come and stay in your house while you're gone, that's great, but make sure that person is knowledgeable about animal care and can recognize signs of illness or other problems.

Professional Grooming: All dogs need grooming from time to time, not just those who require clipping (such as poodles and cockers). You may have no problem at this time giving

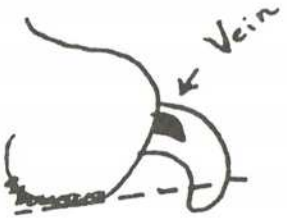
your puppy a bath, but what about when he's full grown? If you will ever want your dog to be attended to by a professional groomer (even if it's just a brushout, nail clip, ear cleaning, bath and spritz of cologne once in awhile), take him to a groomer a couple of times now so he gets used to it.

At Home Grooming: All dogs need regular brushing to keep their coat in top condition and to remove dead hair. It also stimulates blood flow to the skin. Use proper grooming tools: for most dogs a slicker brush, comb and/or a shedding blade are all you need. For longer-coated dogs, *make sure you brush all the way down to the skin and not just on the surface.*

Bathing: Make sure you use a dog shampoo. Also, do not bathe too often, as overbathing can dry out the skin and cause skin problems. Your puppy's first bathing experiences should be positive, so you may want to avoid wetting his face and ears the first couple of times. Use warm water and try not to get soap in his eyes (hold your hand over them when rinsing) or a lot of water in his ears. It's also best if you find a method of securing your puppy in the tub (tie his leash to the faucet?), and provide a rubber mat so he doesn't slip and lose his footing. Make sure a long-haired dog is completely brushed out before wetting the coat as water just makes mats tighter (which is also why you shouldn't bathe a matted dog before you take him to the groomer - it just makes it worse). Finally, make sure you completely rinse all traces of shampoo from the dog's coat, as

leftover shampoo can cause a severe skin problem to develop.

Nail Clipping: Dogs' nails need trimming and this need not present a problem if you start by getting your puppy used to having his feet touched (see section on Handling). Unlike ours, a dog's nails have a vein in them (called the "quick") which can bleed if accidentally cut. You can avoid this by following the diagram as to where to cut. If you should accidentally cut the quick, the bleeding can be stopped by using a styptic powder available in any pet store. You should purchase this powder when you purchase your dog's nail clippers.



Ticks and Tick Removal: There are many tools on the market for removing ticks from your dog and they all come with instructions. One we particularly like is called "Pro-Tick."

Recommended way to treat your property for deer ticks: Spray cotton balls with Coulston's Tick Spray (any kind - bright yellow can with green top). Stuff twenty empty toilet paper rolls with the treated cotton balls and place in protected areas around your property where your dog cannot get them (twenty tubes will do one acre). Field mice (who are the primary host of deer ticks) use the cotton balls for nesting material and they act almost like a "tick collar" and kill the ticks in the nest. They do not harm the mice.

Fleas: Fleas are wingless insects which live on most furred animals. You should be vigilant and check your puppy often for the presence of fleas during warm weather. Since fleas

run very fast and you hardly ever get to see them, you must look for other clues: use a fine-toothed comb (also called a "flea comb") and comb through the puppy's fur around the base of the tail, behind the rear legs and on the sides of the face. Examine the hair you've combed out for pepper-like specks. If any are found, put the clump of hair on a white paper towel and spray with water. If the specks turn orange or red, what you have discovered is flea "dirt" (or flea poop which is full of digested blood - hence the color!) and your dog has fleas. If so, you must deal with the dog and the environment. Caution: **do not use more than one flea product on your dog at a time** without checking with your vet if it is safe to do so.

There are new spot-on flea products on the market which kill all fleas on your dog quickly. Some of these are available only through veterinarians and you might want to ask about them. If you do not wish to use chemicals on your dog, there are many natural flea products on the market which you can look into - some contain citronella, pennyroyal or eucalyptus. Make sure that with any flea product you carefully read and follow directions. Even "natural" products can be toxic if used improperly.

Many people have also suggested that giving your dog brewer's yeast and garlic or putting a tablespoon of vinegar in a gallon of water and using that for the dog to drink can help in avoiding fleas. These methods are certainly worth a try.

If you are concerned about chemicals and pesticides in your home, there are wonderful, completely safe and non-

toxic derivatives of Borax (one brand is called Flea-Busters) which are applied to your carpets. These products are as safe as table salt and kill the fleas by dehydrating them. One application usually lasts for a year.

Teeth: You should get your puppy used to having his teeth cleaned. There are many products on the market to help you. Use a paste of baking soda and water or a dog toothpaste (not people toothpaste). There are special toothbrushes available also (one is like a thimble that fits over your finger and has bristles on one side), but you may just use a piece of gauze if you'd like.

Cleaning Ears: Use only a product made for dogs' ears. It is especially important to keep drop-eared dogs' ears cleaned, as they are particularly prone to ear problems. If your dog has drop ears with lots of hair, talk to your groomer about keeping them trimmed. If you notice any foul smell or discharge, or if your dog is shaking his head or pawing his ears a great deal, you should get the vet to check him.

Cleaning Eyes: Use warm water on a cotton ball to wipe away matter which accumulates in the corners of your dog's eyes.

CAUTION: **Do not confuse** the term **"otic"** (which means for the *ear*) with **"optic"** (which means for the *eye*). Putting an "otic" or ear solution in your dog's eyes would be very harmful.

Altering: Unless your dog is part of a breeding program and is of top-notch quality, you will probably want him to be neutered or her to be spayed. This procedure is simple and can literally add years to your dog's life. Many unneutered

male dogs develop prostate or testicular cancer, and many unspayed females develop mammary or breast cancer and/or uterine diseases. Altering often makes your pet's temperament much calmer also. If you have heard that "fixed" animals get fat, you need to know that with proper feeding and exercise (as is always true), there is no need for this to happen.

Carsickness: Your puppy may become carsick when he first starts traveling, perhaps due to the fact that his first experience with driving in a car was when he was taken away from his mother and littermates! Keeping him home won't help him get over this. Traveling to fun locations is the best cure.

As with anything your puppy finds distasteful, you can start out slowly and build on successes. At first, you might just sit in the car several times a day and reinforce calm behavior. Next, start the car but don't move and reinforce calmness. Proceed in small steps through just backing up a little, backing out of the driveway, going a short distance down the road, then further, etc. Make sure all "car time" is enjoyable. If you get to a point where your puppy gets sick, realize you have gone too fast and go back to whatever point he didn't seem to mind and move up to a higher powered reinforcement.

Ginger is soothing for upset stomachs and many people have had success giving their puppy a couple of ginger snaps a short time before a car ride. Dramamine is also sometimes used (see "Household Medications"). Some puppies also travel more comfortably in a crate, and, if they do get sick, it certainly is much easier to clean up after them.

Identification:

Tattooing: Many people elect to have an identifying number (usually their social security number) tattooed inside their dog's right thigh. They then pay a fee to a national association such as the National Dog Registry (1-800-NDR-DOGS) or the AKC Companion Animal Recovery Program (1-800-252-7894), which will keep on file this number and the owner's address information. The charge is paid one time and covers all animals tattooed with the same number. Almost any animal professional seeing a tattoo on a dog will contact these registries in order to locate the owner. It is even possible to tell these registries that you are willing to pay any vet bills for your pet should he be injured when lost from you, so that he may get needed medical attention more quickly. Most vets do tattooing, as do many other dog professionals. Some big, all breed dog shows also have a tattooist available for the day.

Another advantage to having your dog tattooed is that it pretty much ensures he will never be successfully stolen and sold to a medical lab for experimentation. There are people called "bunchers" who make their living by stealing dogs from yards and selling them. Experimental laboratories love to have housepets because they're so well-behaved. However, a laboratory will not accept a tattooed animal because it is traceable.

Another thing to note about "bunchers" is that they are very skilled con artists whose other source of dogs and cats is "Free to Good Home" ads in the paper. They will say anything necessary to convince the current owner that they

will provide a good home for their pet (one such person was a quite elderly woman with a young boy who went around claiming she wanted a dog or cat for her "grandson!"). They then also sell these dogs to laboratories (or sometimes a small or young dog or cat will be sold to dog fighting rings as bait). You should be very careful if, heaven forbid, you ever have to place your pet in a new home.

Microchips: Technology has also entered the realm of pet identification in the form of microchips encoded with identifying numbers which are injected under the dog's skin. These chips can be read by using a scanner and contacting the registries to find out who the owner is. At this point, there are several companies competing for this market, all of whom have different scanners and chips. To make it even more difficult, most shelters, dog wardens and vet clinics do not have one scanner, much less one of each! Until the "dust settles" and one company becomes the standard, many people are choosing to wait. The other drawback to microchips is that they aren't immediately visible in the way tattoos are. It will probably be beneficial at some point to have your pets identified in both ways. There will also shortly be available a collar that will allow you to track your dog's whereabouts with a hand-held receiver!

That's all! Take good care of your puppy and he'll bring you great joy - often more joy than anything else! He will be the one creature who is always ecstatic to see you - whether you've been gone two minutes or a day and a half; whether your hair is combed or your teeth are brushed; whether you're in a good mood or bad. He is always honest

in his love for you and simple enjoyment of what you do, and every day with him will be one of your greatest gifts.

Tails-U-Win!® Canine Center, LLC, was opened in June, 1991, in Manchester, Connecticut, by two local boarding kennel owners, Leslie Nelson and Gail Pivar. The name reflects their recognition of the enjoyment which both dog and owner get from their style of modern, positive motivational training.

Leslie and Gail had projected that they should be able to fill five to six classes a week, but little did they know that their classes would become so popular that they would be offering over forty classes per week in a very short time. Many local vets were very enthusiastic about the program after taking classes themselves and began referring all of their clients. Later, word-of-mouth grew and the center was forced to rent more space so that it could offer more classes. Many people have found their methods to be extraordinary and love finding out that they can have a well-trained dog without having to use aversive techniques or equipment such as choke chains (which have been more aptly called "strangle collars").

At present, Leslie is going around the country giving seminars on the methods Tails-U-Win!® employs in its classes. Many instructors are anxious to introduce these methods into their own programs since there has been a growing interest in humane training techniques.